

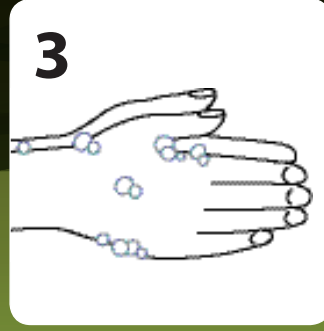
How to Hand Wash



1
Wet hands under warm running water



2
Apply soap and distribute over hands



3
Rub hands together to create a good lather:
Palm to palm



4
Rub fingertips of each hand in opposite palm

Lather and rub hands for a total of 15 seconds



5
Rub between and around fingers



6
Rub each thumb clasped in opposite hand



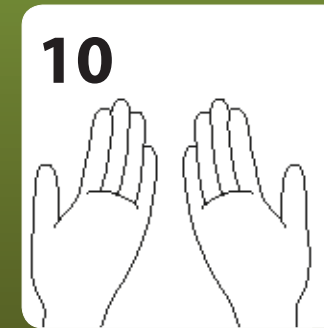
7
Rub back of each hand with opposite palm



8
Rinse hands thoroughly under warm running water, pat hands dry with a paper towel



9
Turn off faucet using a paper towel



10
Your hands are now clean

**Infection Prevention
+ Control Program**

Adapted from the Winnipeg Regional Health Authority

Remember to practice:

